

PRINCE GEORGE'S COUNTY SENIOR NUTRITION PROGRAM

MARCH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03/03/14 APPLE JUICE ROTISSERIE CHICKEN THIGH CUT YAMS BROCCOLI WHEAT ROLL WITH MARG. TROPICAL FRUIT SKIM MILK COFFEE OR TEA	03/04/14 APPLE JUICE CHICKEN & TURKEY SAUSAGE JAMBALAYA MIXED GREENS SCALLOPED APPLES CORNBREAD W/MARG. SUGAR COOKIES SKIM MILK COFFEE OR TEA	03/05/14 ORANGE JUICE CHEESE OMELET WITH CHEESE SAUCE O'BRIEN POTATOES STEWED TOMATOES BISCUIT WITH JELLY PKT FRESH FRUIT SKIM MILK COFFEE OR TEA	03/06/14 APPLE JUICE CORN CHOWDER SOUP WITH CRACKERS MEATBALL SUB MIXED GREEN SALAD W/ITALIAN DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA	03/07/14 ORANGE JUICE FISH NUGGETS BLACK EYED PEAS GLAZED BABY CARROTS WHOLE WHEAT ROLL W/MARG. TARTAR SAUCE APPLESAUCE SKIM MILK COFFEE OR TEA
03/10/14 CRANBERRY JUICE MEATLOAF WITH BROWN GRAVY GARLIC WHIPPED POTATOES SLICED CARROTS WHEAT ROLL WITH MARG. FRUIT COCKTAIL SKIM MILK COFFEE OR TEA	03/11/14 GRAPE JUICE VEGETABLE SOUP WITH CRACKERS RUBEN SANDWICH MIXED GREEN SALAD W/BALSAMIC VINAIGRETTE FRESH FRUIT SKIM MILK COFFEE OR TEA	03/12/14 APPLE JUICE BOLOGNA, HAM, CHEESE LETTUCE & TOMATO COLESLAW SUB ROLL MAYO & MUSTARD FRESH FRUIT SKIM MILK COFFEE OR TEA	03/13/14 GRAPE JUICE SLOPPY JOE RANCH BEANS COLESLAW WHEAT HAMBURGER BUN HOT GLAZED PEACHES SKIM MILK COFFEE OR TEA	03/14/14 PINEAPPLE JUICE BREADED POLLOCK FILLET MACARONI & CHEESE BRUSSEL SPROUTS WHEAT ROLL W/MARG. TARTAR SAUCE APPLESAUCE SKIM MILK COFFEE OR TEA
ST. PATRICK'S DAY 03/17/14  CRANBERRY JUICE CORNEB BEEF RED POTATOES CABBAGE & CARROTS RYE BREAD, MARG. LIME FRUITED JELLO SKIM MILK COFFEE OR TEA	03/18/14 ORANGE JUICE HAMBURGER LETTUCE & TOMATO BAKED BEANS CUCUMBER & LETTUCE SALAD WHEAT BUN KETCHUP & MUSTARD APPLE CRISP SKIM MILK COFFEE OR TEA	03/19/14 ORANGE JUICE CREAM OF BROCCOLI SOUP WITH CRACKERS FRENCH DIP SANDWICH MIXED GREEN SALAD WITH FRENCH DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA	03/20/14 GRAPE JUICE HOME-STYLE CHICKEN TENDERS MACARONI & CHEESE TOMATOES, CORN & OKRA WHEAT ROLL, MARG. HONEY MUS. DIPPING SAUCE TROPICAL FRUIT SKIM MILK COFFEE OR TEA	03/21/14 PINEAPPLE JUICE POTATO CRUSTED FISH TARTAR SAUCE LIMA BEANS SLICED CARROTS WHEAT BREAD WITH MARG. DICED PEARS SKIM MILK COFFEE OR TEA
03/24/14 GRAPE JUICE BAKED HAM WITH SWEET & SOUR SAUCE FRIED RICE GINGER CARROTS WHEAT ROLL, MARG. MANDARIN ORANGES & PINEAPPLE SKIM MILK COFFEE OR TEA	03/25/14 ORANGE JUICE BBQ CHICKEN THIGH BAKED BEANS COLLARD GREENS CORNBREAD WITH MARG. TROPICAL FRUIT SKIM MILK COFFEE OR TEA	03/26/14 ORANGE JUICE BAKED POTATO BEEF CHILI & CHEESE SOUR CREAM & MARGARINE MIXED GREEN SALAD WITH RANCH DRESSING WHEAT ROLL, MARG. FRESH FRUIT SKIM MILK COFFEE OR TEA	03/27/14 APPLE JUICE CREAM OF TOMATO SOUP WITH CRACKERS GRILLED CHEESE MIXED GREEN SALAD WITH RANCH DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA	03/28/14 ORANGE JUICE STUFFED SHELLS W/MARINARA SAUCE ITALIAN VEGETABLES APPLE CRISP ITALIAN BREAD, MARG. SKIM MILK COFFEE OR TEA

MONDAY 03/31/14 PINEAPPLE JUICE SPANISH BEEF & BOW TIE BAKE BLACK BEANS KALE CORNBREAD, MARG. FRUIT COCKTAIL SKIM MILK COFFEE OR TEA	TUESDAY 04/02/14 MENU TO BE DETERMINED	WEDNESDAY 4/03/14 MENU TO BE DETERMINED	THURSDAY 04/04/14 MENU TO BE DETERMINED	FRIDAY 04/05/14 MENU TO BE DETERMINED
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March is National Nutrition Month! Eating healthier is simple with these eating right tips:

1. Make half your plate fruits and vegetables.

Eating a variety is important, especially dark-green, red, and orange vegetables plus beans and peas. They can be fresh, frozen, or canned – they are all nutritious! Fruit is a great side to meals or enjoyed as a snack. If fresh fruit is too expensive or out of season, try frozen or canned. Just look for fruits canned in water or 100% juice and look for frozen items with “no sugar added.”



2. Cut back on sodium and empty calories from solid fats and added sugars.

Look out for salt (sodium) in the foods you buy, especially processed products. Compare the sodium in foods and choose those with lower numbers. Adding spices and herbs to season food will add flavor without adding salt. When buying canned vegetables, look for “reduced sodium” or “no-salt-added” and drain and rinse them before using to reduce the sodium even more. Switch from solid fats like butter or lard to olive or canola oil when cooking to reduce the amount of saturated fat, which isn’t great for heart health.

3. Enjoy your food but eat less.

Most older adults need fewer calories than in younger years. Avoid oversized portions by using a smaller plate, bowl, and glass. Cook more often at home if possible so you are in control of what’s in your food. When eating out, choose lower calorie menu items that include vegetables, fruits, and whole grains. When portions are large, try sharing the meal or take half home for later.

4. Be physically active your way.

Pick activities you enjoy and start by doing what you can. Every little bit adds up and health benefits increase as you spend more time being active. Gradually increase your minutes as you become stronger.